

Laser Resurfacing, Chemical Peel, & Microneedling Pre Care Instructions

If you have been prescribed Accutane, treatments may only occur 12 months after the last dose.

Longevity of Botox and fillers done any time within 6 months prior to face treatment may be affected. Botox done within 2 weeks prior to treatment is not recommended.

Many medications can cause sensitivity to the sun. Please disclose any medications that you may be taking. (example: antibiotics increase sun sensitivity, we must wait 2 weeks from the last dose before continuing treatment)

You will need to avoid sun exposure 2 weeks **before and after** your treatment. A sunscreen with a SPF 30 (or higher) is MANDATORY daily. This includes re-applying every 2 to 3 hours throughout the day, even when you are indoors. Failure to comply may result in less than desirable results, pigmentation, and even injury to the skin.

Avoid self tanning products and sun tanning beds 2 weeks **before and after** your treatment.

If you have a history of cold sores, begin prophylactic treatment with Valtrex (or similar) no later than the day prior to your laser treatment. Notify us if you develop a cold sore, acne, or open lesion in the area being treated, or experience any type of illness prior to your treatment.

Smoking during healing is not recommended. This can cause infection and affect the longevity of your results.

For best results, it is advised to avoid the following products/ procedures at least 5 to 7 days prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any harsh exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoids, and prescription medication (do not discontinue medications you have been directed to take by your physician).

It is best to arrive with no makeup, but if not possible just please let your provider know. We always thoroughly cleanse the skin before a treatment, but may need extra time to thoroughly remove foundation, concealers, powders, etc.

Your provider will happily answer any questions you have providing home care. Please feel free to take a picture of your current products so they can assess what to use and not use before or after your treatment.